

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

11 Sep 2026

### Efficacy of Tendon/Nerve gliding exercises in management of carpal tunnel syndrome and electrodiagnostic evaluation

#### Protocol summary

##### Summary

The aim of this study is to evaluate the efficacy of tendon/nerve gliding exercises in conservative management of carpal tunnel syndrome (CTS). 40 hands with clinical and electrodiagnostic diagnosis of mild to moderate CTS will be enrolled in the study. Patients will be randomly divided into 2 groups: control and experimental groups. Patients in control group will receive only standard treatment of CTS (static wrist splint in neutral wrist joint position). Patients in experimental group will receive tendon/nerve gliding exercises as well as standard treatment of CTS. At baseline and 6 weeks later patients are going to be evaluated in regard of pain intensity, physical examination findings, electrodiagnostic findings, and functional status.

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##### Email address

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##### Recruitment status

**Recruitment complete**

##### Funding source

Shiraz University of Medical Sciences

##### Expected recruitment start date

2012-12-31, 1391/10/11

##### Expected recruitment end date

2013-04-30, 1392/02/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT2013092612450N1**

Registration date: **2014-03-17, 1392/12/26**

Registration timing: **retrospective**

Last update:

Update count: **0**

##### Registration date

2014-03-17, 1392/12/26

##### Registrant information

##### Name

Aref Nasiri Sheikhdarabadi

##### Name of organization / entity

Shiraz University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

##### Scientific title

Efficacy of Tendon/Nerve gliding exercises in management of carpal tunnel syndrome and electrodiagnostic evaluation

##### Public title

Tendon/Nerve gliding exercises in carpal tunnel syndrome

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion criteria: patients with clinical signs and symptoms of CTS who confirmed to have mild to moderate CTS by electrodiagnostic criteria were included in the study. Exclusion criteria: 1-patients with secondary CTS (those having diabetes, rheumatoid arthritis or other joint diseases, trauma, metabolic disorders); 2- patients with joints disorder; 3-patients with severe CTS and muscular atrophy; 4-patients with history of carpal tunnel release surgery; 5-extremes of ages (children and elderly); 6-patients with signs of upper motor neuron diseases or peripheral neuropathy

## Age

From **16 years** old to **70 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

No information

## Sample size

Target sample size: **40**

## Randomization (investigator's opinion)

Randomized

## Randomization description

## Blinding (investigator's opinion)

Single blinded

## Blinding description

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

##### Street address

Zand street Shiraz Fars Iran, Islamic Republic Of

##### City

Shiraz

##### Postal code

#### Approval date

2013-02-12, 1391/11/24

#### Ethics committee reference number

CT-P-91-4618

## Health conditions studied

### 1

#### Description of health condition studied

Carpal tunnel syndrome

#### ICD-10 code

G56.0

#### ICD-10 code description

Carpal tunnel syndrome

## Primary outcomes

### 1

#### Description

functional status of hand

## Timepoint

Six weeks after beginning of treatment

## Method of measurement

Boston Questionnaire

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Control: Static wrist splint set in neutral wrist joint position

#### Category

Treatment - Devices

### 2

#### Description

Experimental group: tendon-gliding exercises, the fingers are placed in 5 different positions including straight, hook, fist, table top, and straight fist. Median nerve-gliding exercise, the median nerve is mobilized by putting the hand and wrist in 6 discrete positions. Each position was maintained for 5 seconds. The exercises were applied as 3 sessions daily. Each exercise was repeated 10 times at each session.

#### Category

Rehabilitation

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Physical medicine and rehabilitation clinic of shahid chamran hospital.

##### Full name of responsible person

##### Street address

##### City

Shiraz

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Vice chancellor for research, Shiraz University of Medical Sciences

##### Full name of responsible person

Hatam Gholamreza, Vice chancellor for Research of Shiraz University of medical sciences

##### Street address

Zand street, Central Building of Shiraz University of Medical Sciences Shiraz Fars Iran, Islamic Republic Of

##### City

Shiraz

**Grant name**  
**Grant code / Reference number**  
**Is the source of funding the same sponsor organization/entity?**  
 Yes  
**Title of funding source**  
 Vice chancellor for research, Shiraz University of Medical Sciences  
**Proportion provided by this source**  
 100  
**Public or private sector**  
 empty  
**Domestic or foreign origin**  
 empty  
**Category of foreign source of funding**  
 empty  
**Country of origin**  
**Type of organization providing the funding**  
 empty

## Person responsible for general inquiries

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## Person responsible for scientific inquiries

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## Person responsible for updating data

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**  
 empty  
**Study Protocol**  
 empty  
**Statistical Analysis Plan**  
 empty  
**Informed Consent Form**  
 empty  
**Clinical Study Report**  
 empty  
**Analytic Code**  
 empty  
**Data Dictionary**  
 empty